

RUSSIA SAMARA MISSION COOKBOOK

Mom **IS** Here When You Need Her

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"Sizzle" and other little known recipes!

INTRODUCTION

WARNING!

Recipes have been gathered from various sources - missionaries, other missions, etc. Choices were made according to availability of ingredients and ease of cooking. Not all recipes have been tested in the Mission Home Kitchen, and the editor does not take responsibility for errors, faulty food combinations, and/or measurements. If you try one and it seems completely wacko, please give me (Sis. Wold) a call and we'll send out a warning.

*IF I AM NOT FOR MYSELF, WHO WILL BE FOR ME?
YET IF I AM FOR MYSELF ALONE, WHAT AM I?*

BASIC SUPPLIES

The following should be in your cupboard:

flour	sugar	iodized salt	rice	noodles
beans	oats	canned tomatoes	bouillon	vitamins
cocoa	soda	baking powder	oil	

The recipes in this booklet use the following seasonings and spices:

salt	pepper	parsley	chili powder	cumin	garlic
basil	paprika	cayenne	soy sauce	vinegar	bouillon
cinnamon	vanilla	thyme	bay leaves		

The following perishables should be on hand:

potatoes	onions	eggs	cheese	yogurt	bread
fruit	vegetables	butter	milk	juice	

Warning: Buying meat at the рынок can be risky. Meat should smell and look fresh and must be cooked thoroughly to prevent getting worms. Purchase only foreign dairy products OR pasteurized (sterilized) Russian dairy products to avoid getting tuberculosis. Do not eat raw fish of any kind.

Drink only filtered water. For an added precaution, soak all fruits and vegetables for 15 minutes in a solution of 1 tbs. bleach to 1 gallon of water. Rinse with filtered water after soaking. Wash eggs and rinse in filtered water.

Bake dried apricots and raisins (those bought at the рынок) on a cookie sheet in a very low oven for 15-20 minutes to kill any bacteria or parasites. OR boil in water for 15 minutes.

**CATCH A FISH: FEED A PERSON FOR A DAY
TEACH A PERSON TO FISH: FEED HIM FOR A LIFETIME**

ON THE ROAD

Do not try to go all day without food or liquids. Take with you: fruit, carrot sticks, cheese, leftover biscuits, or pancakes and also a bottle of filtered water.

TIPS

1) On P-day, plan weekly menu and shop for ingredients. 2) Cook vegetables, rice, beans or whole potatoes in the morning while studying. Refrigerate them for later use. 3) Soak beans the night before, then combine with vegetables, and meat and simmer all morning and then again in the evening for soup. Be sure there is plenty of water and that the heat is very low. 4) Casseroles are great! All you need is a little meat (or a few eggs). Combine with vegetables and White Sauce. Prepare ahead of time and bake just before dinner.

SUBSTITUTIONS

1 tsp. baking powder = 1/4 tsp. soda (plus 1/2 tsp. cream of tartar - if you have it)
1 cup oil = 1/2 lb. (1 cup) butter or margarine
1 cup brown sugar = 1 cup white sugar
1 cup buttermilk = 1 tbs. vinegar (2 drops of Russian) or lemon juice plus enough milk to equal 1 cup; allow to stand for 5 min.

1 can cream of mushroom soup = 2 cups white sauce made with chicken bouillon and/or sautéed mushrooms

MAKE NEW FRIENDS BUT CHERISH THE OLD ONES

Basic WHITE SAUCE

Thin	Medium	Thick
1 cup milk	1 cup milk	1 cup milk
1 tbs. flour	2 tbs. flour	4 tbs. flour
1 tbs. butter or margarine	2 tbs. butter or margarine	3 tbs. butter or margarine
1/4 tsp. salt	1/4 tsp. salt	1/4 tsp. salt
Dash pepper	Dash pepper	Dash pepper

Melt butter or margarine in fry pan or sauce pan. Add flour, salt and pepper. Stir until smooth. Add milk or bouillon liquid (1 bouillon cube for each cup of liquid) gradually, stirring constantly until mixture thickens. Boil 2 minutes. DO NOT SCORCH or BURN. This basic white sauce can be used for soups, casseroles, and sauces for vegetables. Most recipes require a medium sauce.

Cheese Sauce: To 1 cup of White Sauce, add 1/4 tsp. mustard and blend in 1/2 cup grated cheese. Can also add 12 tsp. Worcestershire sauce.

Mushroom Sauce: Sauté 1 cup sliced mushrooms and 1 tsp. grated onion in the butter 5 min. before adding the flour. Add liquid and cook as usual.

Cucumber Sauce: Add 1/2 cup grated or thinly sliced cucumbers and a dash of hot pepper (Tobasco Sauce) to the White Sauce. Simmer 10 min.

Curry Sauce: Sauté 1/2 tsp. curry powder in butter 5 min. before adding flour. Add liquid and cook as usual.

Egg Sauce: Carefully stir in 2 diced hard-cooked eggs to the White Sauce..

COOKED BEANS

Cooked beans can be added to soups, mashed for refried beans, and used for sandwiches. They are very nutritious. Purchase any color or kind of beans (black, red, or white). **To prepare:** Rinse 2 cups beans and put in a pot and cover with filtered water. Bring to a boil and turn off. Cover and let sit over night. In the morning, pour

WHAT YOU ARE IS GOD'S GIFT TO YOU;
WHAT YOU BECOME IS YOUR GIFT TO GOD

RUSSIAN VINEGAR

Russian vinegar must be diluted before using. One part vinegar to 10 parts water (so I've heard).

WHIPPED CREAM

Elder Sundberg

Options:

1. Purchase spray can - very expensive
2. Use сливки. Whip with electric beater until whipped and add a little sugar and vanilla and finish whipping.
3. Can also use сметана (sour cream). Whip and then let sit. It will separate. Pour off the water and add sugar and vanilla and finish whipping.

MAKE IT A HABIT TO DO NICE THINGS FOR PEOPLE
WHO'LL NEVER FIND OUT

Temperature Conversions

All recipes in this book are in Celsius. If you have recipes from home, this table will help you.

	Fahrenheit	Celsius
Very low oven	250 - 275	121 - 133
Low oven	300 - 325	149 - 163
Moderate oven	350 - 375	176 - 190
Hot oven	400 - 425	204 - 218
Very hot oven	450 - 475	232 - 246

THERE IS NO FREE LUNCH!

Measurements

2.2 pounds	=	1 kilogram	2 cups	=	1 pt.
3 tsp.	=	1 tbs.	4 cups	=	1 qt.
8 tbs.	=	1/2 cup	4 qt.	=	1 gal.
16 tbs.	=	1 cup	16 oz	=	1 LB
1 cup	=	1/2 pt	2.1 pt.	=	1 liter
1.06 qt	=	1 liter	4 tbs.	=	1/4 cup

Roach Killer

Nobody needs to live with cockroaches!!!

Boric acid (борная кислота)

Chopped, cooked egg yolk

1/4 kilo

Mix and add a little water until it sticks together. Form into walnut-sized balls. Set in jar lids and place in the kitchen and bathrooms (cupboards, countertops, floor, in damp areas, behind the fridge and stove, etc.)

DON'T MISS THE MAGIC OF THE MOMENT
BY FOCUSING ON WHAT'S TO COME

off the soaking water and rinse beans with filtered water. Cover with filtered water again, and bring to a boil. Can add a chopped onion if desired. Turn heat down and simmer for 4-5 hours or longer.. Make sure there is enough water in the pot and the heat is low enough. Cook until soft for bean soup (see recipe in Soup section) OR very soft for mashing to serve as a side dish or Bean Sandwich (see recipe in Meatless section).

COOKING PASTA

Use a large pot with ample amounts of boiling water. Add pasta to boiling water with no salt and 1 tbs. of oil (this will keep it from sticking to each other). Cook uncovered. Stir occasionally with a fork to loosen from bottom of pan. When pasta is tender, drain in colander and rinse with cold water. Place back in the empty pot, cover to keep warm, and serve immediately.

COOKING RICE

When cooking regular, non instant rice, measure 1 part rice and 2 parts water. Add a little salt. Add rice to cold water. Heat till almost boiling, turn down heat, cover and simmer for 20 minutes or until moisture is absorbed. For two hungry Elders, use 2 cups rice and 4 cups water and 1 tsp. salt. (For the best ever rice: rinse rice in cold water before cooking until water is no longer cloudy.)

CORNMEAL (If you have access to a grinder)

3/4 cup popcorn ground = 1 cup cornmeal

STOP BLAMING OTHERS. TAKE RESPONSIBILITY
FOR EVERY AREA OF YOUR LIFE

PRE-BOILED POTATOES

Scrub potatoes. Do not peel. Put in pot and cover with water. Boil gently until knife enters potato easily. Do not over boil - potatoes will split. Potatoes can be used for many recipes with or without the skins. Store in fridge. Carrots can also be pre-boiled. Remove skins first.

PRE-BOILED CHICKEN

Place a whole chicken or chicken parts (legs, thighs, etc.) in large pot and cover with water. If desired, add 1 onion, halved. Bring to a boil, and simmer for 1 1/2 - 2 hours. Remove from pot and cool. Remove chicken from bones - discarding bones, fat, and skin. Cut up chicken can be used in many recipes. Refrigerate or freeze for future use. For Chicken Noodle Soup: Save liquid from boiled chicken and refrigerate. The next day, skim off fat which has collected on the surface and use the liquid for a delicious soup (see Soup section).

COOKING BEETS and Other Vegies

Wash beets. Do not remove skin or root and cover with water and boil for about one hour until beets are soft. Remove skins and root. Slice and serve with salt and pepper and butter OR cool for using in salads. For cabbage, quarter into sections and boil in small amount of water for 20 minutes or until done. Serve with salt, pepper, and butter. Carrots are peeled and sliced before boiling.

BREADS

BANANA BREAD

1/2 cup butter or margarine
1 cup sugar
2 eggs
2 cups flour

Sister Nelson

1 tsp. soda
1 tsp. salt
1 cup crushed bananas (about 3)
Chopped nuts if desired

Cream butter and sugar. Add eggs one at a time and beat until smooth. Add crushed bananas. Combine flour, soda, and salt. Stir to sift. Add to creamed mixture and mix until smooth. Add nuts. Put into a greased pan (makes one loaf or 12 muffins). Bake at 176 C for 30-40 minutes. Be certain center of loaf is cooked all the way through. Bake at 204 C for muffins and bake for 15-18 minutes.

OATMEAL BREAD

2 cups buttermilk (or soured milk)
2 cups oats
1 cup sugar
2 cups flour

Moscow Mission

1 tsp. salt
1 tbs. baking powder
1 tsp. soda
1/2 cup oil

Make sour milk by adding milk to 1 tbs. vinegar (much less for Russian) to make 1/2 cup and let stand for 10 minutes. Then add remainder of milk needed for recipe. Pour milk over oats and let stand for 5 minutes. Add eggs and sugar, mixing well. Combine dry ingredients. Stir to sift. Add dry ingredients and oil to oatmeal mixture, mixing well. Put into a greased pan (makes one loaf or 12 muffins). Bake at 176 C for 30-40 minutes for bread. Bake at 204 C for 18 minutes for the muffins.

ZUCCHINI BREAD

3 eggs (well beaten)
1 cup cooking oil
2 cups sugar
2 cups grated zucchini squash
1 tsp. vanilla

Elder Merrill

3 cups flour
1 tsp. salt
3 tsp. cinnamon
1/4 tsp. baking powder
1 tsp. soda

Combine eggs, oil, and sugar until blended. Stir in zucchini, vanilla. Combine dry ingredients. Stir to sift. Stir into the zucchini mixture. Pour into a well greased pan and bake at 176 C for 1 hour or until done.

PUMPKIN BREAD

2 eggs
1/2 cup raw pumpkin, grated
1 1/2 cup sugar
1/6 cup milk
1 tsp. vanilla
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Sister Stewart

1/2 tsp. cloves
1/2 tsp. salt
1 3/4 cup flour
1/4 tsp. baking powder
1 tsp. soda
1/2 cup oil

Cream eggs, oil, sugar, and milk. Add vanilla and pumpkin. Combine dry ingredients. Stir to sift. Add and mix well. Bake at 176 C for 1 hour or until done.

BASIC BISCUITS

2 cups flour
4 tsp. baking powder
1/2 tsp. salt
2/3 cup milk
4 tbs. butter

Combine dry ingredients. Add butter in pieces and cut into flour with two knives until very crumbly. Make a well in the center and add milk until a smooth soft dough is formed. Turn out on floured board and knead gently for 10 times. Roll out to 1/2 inch thick and cut with a floured cutter or glass. Place on baking sheet 1/2 inch apart and bake in hot oven 232 C for 10-12 minutes.

WHAT GOES AROUND, COMES AROUND

Drop Biscuits: Add a little more milk to Basic Biscuit recipe. Drop from a teaspoon onto a greased baking sheet. Bake as for Basic Biscuits.

Cheese Biscuits: Make Basic Biscuit recipe and add 1/2 cup grated cheese. Add half the cheese to the dry ingredients. Mix, roll out and sprinkle top of dough with cheese before cutting. Bake as for Basic Biscuits. If making Drop Biscuits, add cheese all at once to dough.

Raisin Biscuit Roll: Make Basic Biscuit recipe and add 1/2 cup raisins to dry ingredients. Mix, roll out and spread dough with soft butter. Sprinkle with 1/4 cup sugar mixed with 1 tsp. cinnamon. Roll up as a jelly roll. Cut into slices 1/4 inch thick. Place on baking sheet. Top with butter and sugar. Bake as for Basic Biscuits.

Apple Biscuit Rolls in Syrup: Prepare a syrup by boiling 2 cups of water and 1 1/2 cups sugar for 5 minutes. While syrup is cooking make Basic Biscuit recipe and roll out to 1/3 inch thick. Spread dough with 4 medium apples chopped fine. Roll up as a jelly roll. Cut roll into 1 1/2 inch slices. Pour syrup into 6x12 pan 2 inches deep. Place slices cut side down in the pan of hot syrup. Dot with butter and sprinkle with sugar and cinnamon and (nutmeg if you have it). Bake as for Basic Biscuits until crust is golden brown - about 20 minutes. Serve with milk, ice cream, etc.

TECTO (dough) For Peroshki

1 cup milk, scalded
4 tbs. margarine
1/3 cup sugar
1 tsp salt

Elder Sundberg

1 pkg. yeast
1/4 cup water
Flour
1 or 2 eggs

Dissolve yeast in the 1/4 cup luke warm water and 1/2 tsp. sugar. Let sit for 5 minutes. Scald milk (bring to boiling point - but do not boil). Add margarine, sugar and salt. Cool until tepid. Beat in an egg or two. Add yeast mixture to the cooled milk. Add sifted flour (about 1 1/2 cups) to make a soft, wet batter. Add about 2 more cups flour until dough forms. Turn out onto a floured board and knead for a couple of minutes. Put in bowl, cover with towel and let rise for a couple of hours until doubled in size. Then do what you want with it.

NOTE: Purchase testo and use for:

Rolls
Cinnamon Rolls
Scones
Pizza Crust
Bread Sticks

BREAKFAST

FINNISH PANCAKES

2 eggs
1 tsp. sugar
1/2 tsp. salt

Elder Sundberg

1 2/3 cups milk
3/4 cup flour
2 tbs. butter, melted

Mix together well and pour onto a greased cookie sheet and bake for 15 minutes at 218 C. Serve with whipped cream. See Introduction for Whipped Cream.

*ALWAYS HAVE SOMETHING BEAUTIFUL IN SIGHT,
EVEN IF IT'S JUST A DAISY IN A JELLY GLASS*

OATS AND FRUIT

Put 1 cup of oats in a bowl and cover with milk. Cover the bowl and refrigerate until morning. The oats will soak up the milk and be soft by morning. Add a little sugar, yogurt, fresh fruits, raisins, nuts, canned fruits, etc.

Moscow Mission

ОАТМЕАЛ or ОВСЯНАЯ (Kasha is cooked cereal)

The measurements are: 1 part oats and 2 parts water and a little salt. Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in 1 cup oats. Can also add a handful of raisins if desired and 1/4 tsp. cinnamon. Turn down the heat to medium low and let cook 10-15 minutes or until it is thick, stirring occasionally. Serve or turn off heat, cover and let sit until ready to eat. Serve with milk, honey or sugar.

BUCKWHEAT or ГРЕЧИХА

The measurements are 1 part buckwheat and 3-4 parts water and a little salt. Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in 1/2 cup buckwheat. Can also add a handful of raisins if desired and 1/4 tsp. cinnamon. Turn down the heat to medium low and let cook for 30-40 minutes or until moisture has cooked out. Serve with milk, honey or sugar, etc. Highly nutritious!

IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY

PANCAKES

1 1/2 cups flour
2 tbs. sugar
1/2 tsp. salt
3/4 tsp. soda (Or 3 tsp. baking powder)

Elder Phillips

2-3 tbs. oil or butter, melted
1 1/2 cups milk (Or buttermilk)
1 egg
Bananas, nuts, cheese, blueberries, etc. (optional)

Note: If using fresh milk and soda, add 2 drops of Russian vinegar to the milk. Combine dry ingredients. Stir to sift. Combine milk, egg, and melted butter in separate bowl. Add all at once to dry ingredients. Stir until mixed. Heat griddle until it snaps with a drop of cold water. Grease griddle lightly and place batter by the tablespoon on the griddle. Bake cakes slowly on one side until full of bubbles. Can add fruit, nuts, etc. to the top while it is cooking if desired. Turn but ONCE and finish baking. Serve with syrup, jam, etc.

GERMAN PANCAKES

6 eggs
1 cup milk
1 cup flour
1 tsp. salt
1/2 cup butter, melted

Sister Wold

Beat all ingredients (except melted butter) in a bowl until fluffy and smooth. Pour melted butter into baking pan (9x13). Pour batter into pan. Bake at 206 C for 20-30 minutes until puffed up and brown. Serve with syrup, jam, or fruit.

*LIFE IS EITHER A DARING ADVENTURE,
OR NOTHING AT ALL*

RICE PANCAKES

3 eggs
2 cups milk
4 tsp. lemon juice
6 tbs. cooking oil
2 cups flour
1/2 tsp. salt
1 tbs. baking powder
1 tbs. sugar
1/2 tsp. soda
1 cup cooked rice (leftovers)

Beat together the eggs, milk, lemon juice, and cooking oil. Set aside. Combine the flour, salt, baking powder, sugar, and soda. Stir into the liquid mixture until well blended. Fold in the cooked rice. Bake on greased griddle or skillet. Serve with jam and butter.

OATMEAL PANCAKES

2 cups oatmeal
1 1/2 cups milk
1/2 cup sugar
1 tsp. baking powder
2 eggs, well beaten
Dash of salt
1/4 tsp. cinnamon

Mix all ingredients. Beat into thin batter. Cook on greased griddle until done. If batter is not thin enough to pour, add a little more milk.

I CAN SLEEP WHEN THE WIND BLOWS

SCRAMBLED EGGS

For each serving, break two eggs into a bowl. Beat the eggs slightly with 3 tbs. of milk, and a dash of salt and pepper for each serving. Melt 2 tbs. butter or margarine over medium heat. Pour in egg mixture. Scrambled eggs should be cooked at a low heat with a minimum of stirring. As eggs begin to set in skillet, lift cooked portion with a spatula so that uncooked portion flows to the bottom. Stir slightly to break up eggs. Continue process for three to five minutes, or until eggs are completely cooked.

SYRUP

2 cups sugar
1 cup water

1/2 tsp. mapeline (if you've got it)

Combine and bring to a boil. Remove from heat and stir in mapeline.

EVERYTHING HAS A PRICE

BREAKFAST

FINNISH PANCAKES

2 eggs
1 tsp. sugar
1/2 tsp. salt

Elder Sundberg

1 2/3 cups milk
3/4 cup flour
2 tbs. butter, melted

Mix together well and pour onto a greased cookie sheet and bake for 15 minutes at 218 C. Serve with whipped cream. See Introduction for Whipped Cream.

*ALWAYS HAVE SOMETHING BEAUTIFUL IN SIGHT,
EVEN IF IT'S JUST A DAISY IN A JELLY GLASS*

OATS AND FRUIT

Put 1 cup of oats in a bowl and cover with milk. Cover the bowl and refrigerate until morning. The oats will soak up the milk and be soft by morning. Add a little sugar, yogurt, fresh fruits, raisins, nuts, canned fruits, etc.

Moscow Mission

ОАТМЕАЛ or ОВСЯНАЯ (Kasha is cooked cereal)

The measurements are: 1 part oats and 2 parts water and a little salt. Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in 1 cup oats. Can also add a handful of raisins if desired and 1/4 tsp. cinnamon. Turn down the heat to medium low and let cook 10-15 minutes or until it is thick, stirring occasionally. Serve or turn off heat, cover and let sit until ready to eat. Serve with milk, honey or sugar.

BUCKWHEAT or ГРЕЧИХА

The measurements are 1 part buckwheat and 3-4 parts water and a little salt. Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in 1/2 cup buckwheat. Can also add a handful of raisins if desired and 1/4 tsp. cinnamon. Turn down the heat to medium low and let cook for 30-40 minutes or until moisture has cooked out. Serve with milk, honey or sugar, etc. Highly nutritious!

IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY

PANCAKES

1 1/2 cups flour
2 tbs. sugar
1/2 tsp. salt
3/4 tsp. soda (Or 3 tsp. baking powder)

Elder Phillips

2-3 tbs. oil or butter, melted
1 1/2 cups milk (Or buttermilk)
1 egg
Bananas, nuts, cheese, blueberries, etc. (optional)

Note: If using fresh milk and soda, add 2 drops of Russian vinegar to the milk. Combine dry ingredients. Stir to sift. Combine milk, egg, and melted butter in separate bowl. Add all at once to dry ingredients. Stir until mixed. Heat griddle until it snaps with a drop of cold water. Grease griddle lightly and place batter by the tablespoon on the griddle. Bake cakes slowly on one side until full of bubbles. Can add fruit, nuts, etc. to the top while it is cooking if desired. Turn but ONCE and finish baking. Serve with syrup, jam, etc.

GERMAN PANCAKES

6 eggs
1 cup milk
1 cup flour

Sister Wold

1 tsp. salt
1/2 cup butter, melted

Beat all ingredients (except melted butter) in a bowl until fluffy and smooth. Pour melted butter into baking pan (9x13). Pour batter into pan. Bake at 206 C for 20-30 minutes until puffed up and brown. Serve with syrup, jam, or fruit.

*LIFE IS EITHER A DARING ADVENTURE,
OR NOTHING AT ALL*

RICE PANCAKES

3 eggs
2 cups milk
4 tsp. lemon juice
6 tbs. cooking oil
2 cups flour
1/2 tsp. salt
1 tbs. baking powder
1 tbs. sugar
1/2 tsp. soda
1 cup cooked rice (leftovers)

Beat together the eggs, milk, lemon juice, and cooking oil. Set aside. Combine the flour, salt, baking powder, sugar, and soda. Stir into the liquid mixture until well blended. Fold in the cooked rice. Bake on greased griddle or skillet. Serve with jam and butter.

OATMEAL PANCAKES

2 cups oatmeal
1 1/2 cups milk
1/2 cup sugar
1 tsp. baking powder
2 eggs, well beaten
Dash of salt
1/4 tsp. cinnamon

Mix all ingredients. Beat into thin batter. Cook on greased griddle until done. If batter is not thin enough to pour, add a little more milk.

I CAN SLEEP WHEN THE WIND BLOWS

SCRAMBLED EGGS

For each serving, break two eggs into a bowl. Beat the eggs slightly with 3 tbs. of milk, and a dash of salt and pepper for each serving. Melt 2 tbs. butter or margarine over medium heat. Pour in egg mixture. Scrambled eggs should be cooked at a low heat with a minimum of stirring. As eggs begin to set in skillet, lift cooked portion with a spatula so that uncooked portion flows to the bottom. Stir slightly to break up eggs. Continue process for three to five minutes, or until eggs are completely cooked.

SYRUP

2 cups sugar
1 cup water

1/2 tsp. mapeline (if you've got it)

Combine and bring to a boil. Remove from heat and stir in mapeline.

EVERYTHING HAS A PRICE

BOILED EGGS

Place desired number of eggs in saucepan. cover with cold water - at least 2 inches above eggs. Bring the water rapidly to boiling. Cover pan and remove it from heat. Let stand for 20 minutes for a hard boiled egg. Run eggs under cold water, remove shells and smash in bowl with butter and salt, or refrigerate to be used later.

**A THOUSAND MILE JOURNEY BEGINS WITH
ONE STEP**

RICE For Breakfast

2 cups cooked rice prepared ahead of time. Heat with a little milk until hot, stirring all the time. Add sugar, cinnamon, and raisins.

FRENCH TOAST

- 2 eggs
- 1/2 cup milk
- 1 tsp. sugar
- Dash salt

Combine ingredients. Dip slices of bread in the mixture and fry on both sides in oil or butter. Serve with jam or homemade syrup. (Add cinnamon to batter, if desired).

CINNAMON BREAKFAST CAKE

- 1 1/4 cups flour
- 1/4 cup sugar
- 1 tbs. baking powder
- 1/4 cup butter or margarine
- 2/3 cup milk
- 1 egg
- 2/3 cup chopped nuts

Sift together flour, sugar, and baking powder. Cut in the butter with two knives. Combine milk and egg. Add to dry ingredients and mix only until ingredients are moistened. Fold in nuts. Pour into a greased pan (8x8). Sprinkle with topping.

Topping

- 4 tbs. flour
- 6 tbs. sugar
- 3 tbs. butter, softened
- 1 tsp. cinnamon

Cover and refrigerate until ready to bake. Can make the night before. Bake at 204 C for about 25 minutes. Serve with fruit and/or eggs, etc.

**OUR WEAKNESSES MAY HAVE LITTLE OR NOTHING
TO DO WITH WHO WE REALLY ARE**

SIZZLE

Unfortunately, Sizzle (a TOP SECRET recipe), did not pass the recommended dietary nutritional standards for the Russia Samara Mission. Anyone using this recipe must take full responsibility for any adverse effects (such as death or early release from their mission) and is at their own risk!!!

**TO GET THE HABIT OF SUCCESS, YOU NEED ONLY
TO SUCCEED IN THE SMALL TASKS OF EACH DAY**

MAIN DISHES Using MEAT

FIREBALL PELMENI HUD Elders Chapple & N. Christensen

- 15 - 20 pieces of Pelmeni (purchased)
- 2 - 3 big green peppers
- 2 cups rice
- Jalepeno peppers & Red Peppers diced
- Soy Sauce
- Seasonings as desired: cayenne pepper, black pepper, etc.

Cook rice. Four cups water and 2 cups rice will feed two hungry Elders. Slice green peppers and set aside. Slice each pelmini into approx. 8 pieces. Fry in oil until golden brown. Add green peppers and sauté a bit longer. Place on rice. Add jalepeno peppers and other spices as desired.

Note: For extra spicy pelmeni, soak small pelmeni slices in jalepeno pepper juice for 1 hour before cooking.

SUKIYAKI

- 1/2 kg. beef, sliced in thin pieces
- 2 cups water
- 2 tbs. sugar
- 3-4 tbs. soy sauce

Elder Lowe

- 2 bunches green onions, diced
- 1-2 cups mushrooms, chopped
- Cooked rice

Cook rice. For 2 hungry Elders, use 4 cups water and 2 cups rice. Cut meat in thin slices and fry. Cook until well done. Keep meat in pan and pour in water. Add sugar and soy sauce and mix well.. Add onions and mushrooms and simmer for 10 minutes. Serve over rice.

EVERY ONCE IN A WHILE, TAKE THE SCENIC ROUTE

FRIED RICE

- 2 cups cooked rice
- 5 eggs, beaten
- 1 bunch green onions, chopped

Elder Lowe

- Ham or other meat for flavor
- Soy sauce

Cook rice (2 cups water and 1 cup rice) and put in the refrigerator for 30 minutes. Meanwhile, cook the eggs like an omelet. Remove from pan and cut the omelet into small squares. Sauté the ham and cut into small pieces. Combine all ingredients, including the rice and cook. Add enough soy sauce to turn the rice brown. Add pepper for flavor. Be careful and DO NOT OVERCOOK THE RICE. You don't want the rice to be dry and crisp.

IDAHO CHICKEN and POTATOES

- 4 potatoes, peeled and sliced thin
- Salt
- Pepper
- 1/2 cup butter, melted

3/4 cup milk

- Chicken pieces (4-6), legs and thighs
- 2 cans mushroom soup or White Sauce
- Garlic powder or fresh garlic minced

Put sliced potatoes in greased baking pan. Salt and pepper lightly. Place chicken parts on top of potatoes. Pour melted butter over chicken. Mix milk with soup (or White Sauce - see Introduction) and pour over chicken and potatoes. Sprinkle top with garlic, salt, and pepper. Bake at 204 C for 1 hour or until chicken is well browned.

BAKED CHICKEN and RICE

Prepare in the morning or the night before

- 1 cup uncooked rice
- 1 can mushroom soup
- 1 can water

Sister Wold

- 1 pkg. onion soup mix
- 4-6 pieces of chicken.
- 1 cup milk

Put uncooked rice in large baking pan. Combine soup, water, milk and dry onion soup mix. Pour 1/2 mixture over rice. Put chicken pieces on top. Pour remaining soup mixture over top. Cover with lid or foil. Set in fridge overnight. Bake at 176 C for 1 hour covered.

BAKED CHICKEN and NOODLES

- 5 tbs. butter or margarine
- 5 tbs. flour
- 2 cups milk
- 1 cup chicken bouillon (or broth from pre-boiled chicken)
- 1/4 cup grated cheese
- 1 6 oz. pkg. noodles, cooked
- 2 cups pre-boiled chicken, diced
- 1 cup mushrooms, diced
- 1 tbs. bread crumbs w/butter

Melt butter in skillet. Remove from heat and stir in flour. Continue cooking until light beige in color. Slowly add milk and broth, (1 cup water with 1 cube chicken bouillon) stirring constantly until smooth. Add cheese and stir until melted. Add noodles, chicken, mushrooms, and red bell pepper and stir until mixed. Place in a greased baking pan and put buttered crumbs on top. Bake at 176 C for 30 minutes

BUBBLES and SQUEAKS (an English Dish)

- 1/2 head cabbage, shredded or cut up
- 4 - 6 potatoes, sliced
- 1 medium onion, chopped
- 2 long links sausage diced or ham, etc.
- Moscow Mission
- 1 cup white sauce (see Introduction)
- Salt and pepper to taste
- Grated cheese

In a baking dish or pan, layer the potatoes, onions, cabbage, and sausage. Make several layers. Salt and pepper. Pour white sauce over the top and sprinkle cheese on top. Bake 1 hour at 205 C (a bit hotter than medium).

CHICKEN CASSEROLE

Prepare in the morning or the night before

- 2 cups pre-boiled chicken, cut up
- 2/3 cup chopped onion
- 2/3 cup chopped green pepper
- 2/3 cup mayonnaise
- 1/3 cup chicken broth or bouillon
- 8 slices bread, cubed
- 2 eggs
- 1 1/2 cup milk
- 1 can cream of mushroom soup + 1/2 soup can of milk OR 2 cups White Sauce made with chicken bouillon
- 1/2 cup cheese, grated

Combine chicken, onion, green pepper, mayonnaise, broth, salt and pepper to taste. Place four slices of the cubed bread in bottom of baking dish and spread the chicken mixture over. Combine eggs and 1 1/2 cups milk and beat together. Pour over chicken mixture. Top with the other 4 slices of cubed bread. Refrigerate overnight or all day if prepared in the morning. When ready to serve, mix mushroom soup with 1/2 cup milk and heat. Pour over casserole and bake at 176 C degrees for 1 hour.

SWEET AND SOUR SAUCE

with Vegetables and Meat

Prepare vegetables - any or all: onions, carrots, peppers, cabbage, peeled and sliced. Carrots and cabbage can be partially cooked in boiling water if desired. Fry vegetables in oil, stirring often until tender. Add meat such as salami or pre-boiled chicken. Pour sauce over the vegetables and meat. Serve over rice or pasta.

Sweet and Sour Sauce

- 1 1/2 cups water
- 2 tbs. catsup
- 2 tbs. soy sauce
- 1/2 cup sugar
- 1/2 cup vinegar (diluted)

Heat and bring to a boil, stirring often. Then stir in a paste made with 2 tbs. flour and enough water to make a thin paste. Cook and stir sauce until slightly thickened.

POT PIE

Elder Agren

Peel and slice several carrots and potatoes and boil until cooked. Prepare meat - either using pre-boiled chicken, ground beef, or ham. Sauté meat in pan with chopped green peppers and onion. Set aside. Make gravy.

Gravy

- 1 bouillon cube
- 1/2 cup milk
- 1/2 cup water
- 4 - 5 tbs. flour
- 1/4 cup butter

Melt butter in pan - add flour and cook briefly. Add liquids and bouillon. Stir until boiling and slightly thick. Set aside. Prepare the crust, using basic biscuit recipe:

Crust

- 2 cups flour
- 4 tsp. baking powder
- 2/3 cups milk
- 1/2 tsp. Salt
- 4 tbs. butter or margarine

Roll out 1/2 the dough and place in a deep baking dish or pan. Add the gravy to the vegetables and meat. Pour into uncooked biscuit shell. Roll out the other half of dough and place on top. Cut hole for air to escape and bake at 176 C degrees for 20 minutes or until brown.

WHA TEVER CASSEROLE (Choose from the following)

- | | | | | |
|---------------|---|---------------|---|----------------|
| <u>2 Cups</u> | + | <u>4 Cups</u> | + | <u>2 Cups</u> |
| Diced chicken | | Rice | | Corn |
| Tuna fish | | Noodles | | Beans, peas |
| Diced ham | | Potatoes | | Sliced cabbage |
| Hamburger | | Macaroni | | Diced carrots |
| WHA TEVER | | WHA TEVER | | WHA TEVER |

Put sliced potatoes in greased baking pan. Salt and pepper lightly. Place chicken parts on top of potatoes. Pour melted butter over chicken. Mix milk with soup (or White Sauce - see Introduction) and pour over chicken and potatoes. Sprinkle top with garlic, salt, and pepper. Bake at 204 C for 1 hour or until chicken is well browned.

BAKED CHICKEN and RICE

Prepare in the morning or the night before

- 1 cup uncooked rice
- 1 can mushroom soup
- 1 can water

Sister Wold

- 1 pkg. onion soup mix
- 4-6 pieces of chicken.
- 1 cup milk

Put uncooked rice in large baking pan. Combine soup, water, milk and dry onion soup mix. Pour 1/2 mixture over rice. Put chicken pieces on top. Pour remaining soup mixture over top. Cover with lid or foil. Set in fridge overnight. Bake at 176 C for 1 hour covered.

BAKED CHICKEN and NOODLES

- 5 tbs. butter or margarine
- 5 tbs. flour
- 2 cups milk
- 1 cup chicken bouillon (or broth from pre-boiled chicken)
- 1/4 cup grated cheese
- 1 6 oz. pkg. noodles, cooked
- 2 cups pre-boiled chicken, diced
- 1 cup mushrooms, diced
- 1 tbs. bread crumbs w/butter

Melt butter in skillet. Remove from heat and stir in flour. Continue cooking until light beige in color. Slowly add milk and broth, (1 cup water with 1 cube chicken bouillon) stirring constantly until smooth. Add cheese and stir until melted. Add noodles, chicken, mushrooms, and red bell pepper and stir until mixed. Place in a greased baking pan and put buttered crumbs on top. Bake at 176 C for 30 minutes

BUBBLES and SQUEAKS (an English Dish)

Moscow Mission

- 1/2 head cabbage, shredded or cut up
- 4 - 6 potatoes, sliced
- 1 medium onion, chopped
- 2 long links sausage diced or ham, etc.
- 1 cup white sauce (see Introduction)
- Salt and pepper to taste
- Grated cheese

In a baking dish or pan, layer the potatoes, onions, cabbage, and sausage. Make several layers. Salt and pepper. Pour white sauce over the top and sprinkle cheese on top. Bake 1 hour at 205 C (a bit hotter than medium).

CHICKEN CASSEROLE

Prepare in the morning or the night before

- 2 cups pre-boiled chicken, cut up
- 2/3 cup chopped onion
- 2/3 cup chopped green pepper
- 2/3 cup mayonnaise
- 1/3 cup chicken broth or bouillon
- 8 slices bread, cubed
- 2 eggs
- 1 1/2 cup milk
- 1 can cream of mushroom soup + 1/2 soup can of milk OR 2 cups White Sauce made with chicken bouillon
- 1/2 cup cheese, grated

Combine chicken, onion, green pepper, mayonnaise, broth, salt and pepper to taste. Place four slices of the cubed bread in bottom of baking dish and spread the chicken mixture over. Combine eggs and 1 1/2 cups milk and beat together. Pour over chicken mixture. Top with the other 4 slices of cubed bread. Refrigerate overnight or all day if prepared in the morning. When ready to serve, mix mushroom soup with 1/2 cup milk and heat. Pour over casserole and bake at 176 C degrees for 1 hour.

SWEET AND SOUR SAUCE

with Vegetables and Meat

Prepare vegetables - any or all: onions, carrots, peppers, cabbage, peeled and sliced. Carrots and cabbage can be partially cooked in boiling water if desired. Fry vegetables in oil, stirring often until tender. Add meat such as salami or pre-boiled chicken. Pour sauce over the vegetables and meat. Serve over rice or pasta.

Sweet and Sour Sauce

- 1 1/2 cups water
- 2 tbs. catsup
- 2 tbs. soy sauce
- 1/2 cup sugar
- 1/2 cup vinegar (diluted)

Heat and bring to a boil, stirring often. Then stir in a paste made with 2 tbs. flour and enough water to make a thin paste. Cook and stir sauce until slightly thickened.

POT PIE

Elder Agren

Peel and slice several carrots and potatoes and boil until cooked. Prepare meat - either using pre-boiled chicken, ground beef, or ham. Sauté meat in pan with chopped green peppers and onion. Set aside. Make gravy.

Gravy

- 1 bouillon cube
- 1/2 cup milk
- 1/2 cup water
- 4 - 5 tbs. flour
- 1/4 cup butter

Melt butter in pan - add flour and cook briefly. Add liquids and bouillon. Stir until boiling and slightly thick. Set aside. Prepare the crust, using basic biscuit recipe:

Crust

- 2 cups flour
- 4 tsp. baking powder
- 2/3 cups milk
- 1/2 tsp. Salt
- 4 tbs. butter or margarine

Roll out 1/2 the dough and place in a deep baking dish or pan. Add the gravy to the vegetables and meat. Pour into uncooked biscuit shell. Roll out the other half of dough and place on top. Cut hole for air to escape and bake at 176 C degrees for 20 minutes or until brown.

WHA TEVER CASSEROLE (Choose from the following)

- | | | | | |
|---------------|---|---------------|---|----------------|
| 2 Cups | + | 4 Cups | + | 2 Cups |
| Diced chicken | | Rice | | Corn |
| Tuna fish | | Noodles | | Beans, peas |
| Diced ham | | Potatoes | | Sliced cabbage |
| Hamburger | | Macaroni | | Diced carrots |
| WHA TEVER | | WHA TEVER | | WHA TEVER |

Mix all together with 2-4 cups White Sauce (or canned soups, tomato sauce or variations of White Sauce - see Introduction). You could also try dill weed, garlic, onion, red/green diced peppers, etc. sautéed in butter as part of the White Sauce. Put in a big casserole or cake pan or whatever and top with cheese. Bake 45 minutes at 176 C. Be creative. Sometimes top with mashed potatoes, bread crumbs or biscuits topped with cheese. But always taste first!

SMILE A LOT. IT COSTS NOTHING AND IS BEYOND PRICE

SPAGHETTI Sauce

1/2 kg ground beef (optional)
1/2 cup onion, chopped
2 tbs. oil
2 cloves garlic, minced
1 can tomatoes
1 cup tomato sauce or paste
1/4 cup fresh or 1 tbs. dried parsley
3/4 tsp. oregano
1 tsp. salt
1 tbs. sugar
1 bay leaf
1 cup water

Brown onion in oil (and hamburger if using) and drain. Add tomatoes, sauce, and seasonings. Cook for 15 minutes or more. Serve over hot spaghetti. Top with cheese.

FINNISH MEAT PIE

1 cup cooked rice
1 lb. cooked meat (of choice)
1/2 medium onion, chopped
1/2 cup grated cheese
1/2 tsp. salt
Sliced mushrooms (optional)
Chopped parsley (optional)

Mix together and set aside. Prepare crust.

Crust

2 cups flour
1 tsp. salt
3/4 cup butter or margarine
1 egg
1/2 cup sour cream

Combine egg and sour cream and mix into flour mixture. Divide into two parts and roll out each part. Place one part on a baking pan. Fill with meat filling and top with top crust. Crimp edges together and prick top crust with a fork to allow steam to escape. Bake at 190 C for 25 minutes.

OVEN BARBECUE CHICKEN

1 kg. chicken parts
2 tbs. Worcestershire Sauce
1 tbs. vinegar (diluted)
1 tbs. barbecue sauce
1 tsp. barbecue spice
1 tbs. sugar
1/4 cup catsup or Russian tomato/apple sauce
Cayenne pepper to taste

Place chicken parts in baking pan. Combine remaining ingredients and pour 1/2 the sauce over the chicken. Bake at 204 C for 1/2 hour. Pour on remaining sauce and bake another 1/2 hour.

Chicken Barbecue Sandwich: Pre-boil chicken parts. Remove meat from bones. Discard skin, bones, etc. Combine chicken with above sauce recipe and let marinate for several hours. Serve on bread.

BEEF STEW

Prepare in the morning and let cook all day.
1/2-1 kg. of beef roast cut in chunks
2 tbs. oil
1 whole onion
1 whole carrot
1 can tomatoes
4-5 cups water
2 bay leaves

Brown the meat in oil in frying pan on fairly high heat. When all sides are brown, add a little water to clean the flavorings off the pan. Put meat, water, and flavorings in a pot. Add tomatoes, onion, carrot, and bay leaves. Bring to a boil, cover and turn heat down to simmer for 3-6 hours. (Add more water if you are going to be gone all day.) One hour before dinner, (remove the onion, and carrot) add:

4 potatoes, peeled cut into chunks
2 carrots, peeled and cut into rounds
2 tsp. salt
1/2 tsp. thyme (if you have it)
1-2 cloves garlic, minced
1/2 tsp. pepper

Cook until the vegetables are tender. To thicken: mix 1/3 cup flour with a little cold water (makes a smooth paste) and slowly add to the stew, stirring constantly. Cook 5 more minutes. **Note:** The above vegetables can be added to the meat in the morning if you don't mind overdone vegetables.

POTATO PATTIES With Sauce

1 cup meat (pre-boiled chicken, ham, tuna, etc.)
4-6 eggs, beaten
Salt and pepper
1 cup White Sauce w/Cheese
2-4 pre-boiled potatoes
Green onions, finely chopped

Grate potatoes. Add meat, chopped green onions, salt, pepper and beaten eggs. Mix well. Make patties with hands and place in hot skillet with melted butter. Fry until lightly browned. Turn and fry other side until browned. Be certain patties are not too thick, so centers will cook. Serve with medium White Sauce with cheese (see Introduction).

SHEPHERD PIE

2 cups meat (hamburger, pre-boiled chicken, ham, etc.)
3-4 carrots
1 clove garlic, minced
1 large onion, chopped
2-3 cups mashed potatoes
Salt - Pepper to taste
Cheese, grated
Bread crumbs w/ butter

Sister Nelson

If using hamburger, brown with chopped onions and garlic. Other meat can also be sautéed with onions and garlic in butter or oil. Drain and place in baking dish. Add layer of grated, raw carrots. Cover with mashed potatoes and top with grated cheese. Garnish with bread crumbs dotted with butter. Bake at 176 C for 20-30 minutes. Good with ketchup, chili sauce, hot tomato sauce or just plain.

PIZZA

Crust

2-4 cups flour
2 cups water
2 tbs. yeast

Mix together water, salt, sugar, yeast, and oil. Let sit for 5 minutes. Stir. Add flour, one cup at a time until dough pulls away from bowl. Turn onto a floured surface and knead for 5 minutes. Put back into bowl and let rise until double (about 2 hours). Divide dough into four parts. Roll into four crusts. Put on greased baking sheets and bake at 176 C for 5 minutes (crust only). Spread on sauce and desired toppings (meat of your choice, mushrooms, green peppers, olives, pineapple chunks, etc. & cheese). Bake for 5-7 more minutes or until cheese has melted and crust is a golden brown.

Sauce Suggestion

Tomato sauce
Minced garlic or garlic powder
1/2-1 tsp. Oregano or Italian Seasoning per cup of sauce

**LEARN TO RECOGNIZE THE INCONSEQUENTIAL,
THEN IGNORE IT**

Different PIZZA

2 eggs
2/3 cup milk
1 cup flour

Moscow Mission

1/8 tsp. pepper
1 tsp. salt

Whip eggs. Add milk and whip more. Add flour, salt and pepper slowly. Pour into baking pan. Drip on any sauce. Don't mix. Put on toppings and cheese. Bake at 190 C for about 20 minutes.

**WHO A MAN IS, WILL ULTIMATELY BE
REVEALED BY WHAT HE DOES**

STEAK and PEPPERS

1/2 kg. beef
1/3 cup soy sauce
1 tsp. sugar
2 tomatoes, cut into 1" cubes
2 green peppers, cut into 1" cubes
1 tsp. ginger
1/4 cup oil
1 clove garlic, minced
2 tsp. cornstarch OR 4 tsp. flour
Cooked rice

Slice beef into 1/2 " strips. Mix 1/4 cup of the soy sauce and sugar. Pour over beef and marinate (soak) for at least 1/2 hour. Combine cornstarch with the rest of the soy sauce. Add a little water to the mixture if using flour. Heat oil in skillet and add garlic and ginger and sauté for 1 minute. Remove garlic and add green peppers and sauté for 3 minutes, stirring occasionally. Add beef and its liquid and sauté until well done. Add tomatoes and garlic and gently stir in the remaining soy sauce with cornstarch and gently cook for another minute. Serve over rice.

NEVER EAT THE LAST COOKIE

MEATLESS MAIN DISHES

HASH BROWNS

Pre-boiled potatoes, skinned
2-3 tbs. butter or oil
Salt
Pepper

Melt butter in skillet. Grate pre-boiled potatoes into hot pan. Salt and pepper to taste. Turn often as potatoes brown. Serve with eggs, and toast. Add slices of ham or bacon and chopped green onions for variety.

POTATO PANCAKES

3 cups grated potatoes
2 eggs, well beaten
1 1/2 tbs. flour
1/3 tsp. baking powder
1 tsp. baking soda
1 tsp. salt

Thoroughly drain grated potatoes. Add eggs and mix lightly. Stir in remaining ingredients. Drop from teaspoon into hot, well greased skillet. Flatten batter with spoon. Brown on both sides. Serve hot with toppings of your choice.

PAN of POTATOES

Pre-boiled potatoes, skinned and sliced
Butter or oil
Grated cheese
Finely chopped onion
Salt
Pepper

Melt butter in skillet. Add sliced potatoes, chopped onion, salt and pepper to taste. Brown. Melt cheese on top. Serve with salsa, or tomatoes/cucumbers.

President Wold's EASY POTATO DINNER

4 potatoes, peeled and sliced
2 carrots, peeled and sliced
1 onion, chopped fine
Butter or oil
Grated cheese

Melt butter in skillet with a lid. Add raw vegetables. Cook on low heat and cover while vegetables are cooking. Turn vegetables periodically with a spatula and when they are tender turn off heat. Put grated cheese on top and cover with lid until melted. Serve with eggs, ham, hot dogs, tomatoes, or just bread and jam.

POTATO CASSEROLE

5 - 6 large potatoes, pre-boiled
3 tbs. butter or margarine, melted
1 cup milk
1 cup chicken bouillon
3 tbs. finely chopped green onions
1 cup grated cheese
1 cup dried bread crumbs
2 tbs. melted butter or margarine
1/2 cup grated cheese

Sister Nelson

Skin potatoes and grate or dice. Place in baking pan and pour melted butter (3 tbs.) over the top. In a separate bowl, combine milk, chicken bouillon, onions, and cheese (1 cup). Pour over the potatoes. **DO NOT MIX**. Cover the top with buttered bread crumbs and sprinkle with grated cheese (1/2 cup). Bake at 325 degrees for 30 minutes. For the next day, add small amounts of milk and/or cheese and reheat.

FUNERAL POTATOES

4 large pre-boiled potatoes, skinned then mashed

Elder Wallace

1 cup sour cream (сметана)
¼ cup cheese, grated

Combine sour cream and cheese with mashed potatoes. Make White Sauce and pour over potatoes and serve.

White Sauce

3 tbs. flour
3 tbs. butter
1 ½ cups milk
2 chicken bouillon cubes
½ cup chopped onion
2 hot dogs (salami or ham)
chopped (optional)

Sauté onion in butter. Add flour and cook slightly. Add milk and bouillon cubes. Cook, stirring until slightly thickened. Add hot dogs.

SAY "THANK YOU" A LOT

AUGRATIN POTATOES with Eggs

6-7 pre-boiled potatoes, skinned and cubed
2 cups milk
2 eggs beaten
1 ½ cups grated cheese
Salt and pepper to taste

Elder Nikolov

Combine all ingredients and mix with potatoes. Put in baking pan and bake at 176 C until set (slightly solid) and brown on top - usually 30 - 40 minutes.

Option: This recipe can also be made using pasta (250 grams) instead of potatoes. Chopped onion can also be added.

BASIC OVEN MACARONI and CHEESE

8 oz. macaroni, cooked (about 1 1/2 cups dry)
1 1/4 cups grated cheese
3/4 tsp. salt
1/4 tsp. pepper
2 cups medium White Sauce (see Introduction)

Elder Agren

Cook macaroni, drain and place in buttered baking dish. Combine White Sauce, salt, pepper, and cheese. Pour over macaroni. [Top with more grated cheese]. Bake at 176 C for 30-40 minutes.

OVEN MACARONI and CHEESE with Bread Cubes

1 1/4 cups milk
1 cup cheese, diced
1 1/2 tbs. butter or margarine
1 cup soft bread cubes
2 tbs. onion, diced
1/2 tsp. salt
Dash pepper
2 eggs, beaten
2 cups cooked macaroni

In a large saucepan, combine milk, water, cheese, and butter. Heat to boiling, stirring constantly until cheese melts. Remove from heat. Stir in bread cubes, onion, salt, and pepper. Fold in eggs and macaroni. Spoon into a greased baking dish. Bake at 176 C for 30 minutes.

SPAGHETTI Sauce

2 lg. cans tomatoes or 1 kg. ripe tomatoes chopped
1 can tomato sauce
1 onion, chopped
2 tsp. salt
1/2 tsp. pepper

Sister Wold

1/4 tsp. garlic powder
1 tsp. chili powder
1 tbs. parsley
mushrooms (optional)
2 tsp. oil

Saute onion in oil till clear. Add other ingredients. Heat and simmer about 45 minutes. Can thicken with a little cornstarch or flour in cold water if desired - just before serving. Serve over spaghetti.

COUNT YOUR BLESSINGS.....

EASY SALSA

1 lg. can tomatoes, crushed
1 tsp. sugar
A few drops Russian vinegar
1/2-1 tsp. chili powder

Sister Wold

1 tsp. oregano or Italian Seasoning
1 garlic clove or 1/4 stp. garlic powder
1/2 cup chopped onion

Adjust seasonings to taste. It never fails. Heat in a saucepan until well blended. Use as a salsa or picante sauce for everything!

LIVE TO LEARN. LEARN TO LOVE. LOVE TO LIVE!

SALSA - Phillip's Original

1 bunch of Cilantro (кинза), chopped
1 bunch of green onions, chopped
3 medium sized red onions, chopped
3 kg. tomatoes, diced
4 cloves fresh garlic, pressed
2 bell peppers, chopped
4 hot peppers (the smaller - generally the hotter)

Elder Phillips

2 tsp. salt
½ tsp. black pepper
½ tsp. red pepper
3 tsp. vinegar (Russian vinegar 70% - do not dilute)
140 grams tomato paste

This is a basic sauce and may be customized to taste. It is between medium and mild. Suggestion: With leftover tortillas, reheat in pan with cheese and salsa sauce. Fold in half and brown on both sides. There is a type of Russian bread from the southern Arab countries called Лаваш. It is much like a tortilla and will save you time if you can find it.

Salsa will change it's flavor overnight - a more blended flavor is the result. Recipe can be halved.

FRESH SALSA

5-6 cups finely chopped fresh tomatoes
1-2 green peppers finely chopped
1 large onion finely chopped
1 clove garlic fine chopped or pressed

Sister Nelson

2-3 cups cucumbers finely chopped
½ tsp. salt
¼ tsp. pepper
½ tsp. chili powder
1 tbs. lemon juice

Stir until will blended and fine. (If too chunky, the flavors will not blend properly). Store in refrigerator tightly covered. Stir before using. It may be necessary to pour off water as vegetables settle.

DON'T FORGET, A PERSON'S GREATEST EMOTIONAL NEED IS TO FEEL APPRECIATED

ENCHILADA SAUCE

4 cups tomato juice
1-2 cans tomato paste if available
1 tbs. apple juice or sugar
1 tsp. oregano
1 tsp. cumin (if you have it)

Sister Nelson

1 tbs. cornstarch or 2 tbs. flour
1 tsp. chili powder
1 tsp. paprika
1 tsp. basil

Begin heating tomato juice. Add paste and sweetener. Stir. Make cornstarch (or flour) paste by mixing with COLD water until smooth. Add paste to juice and stir constantly until thickened. Add spices and let simmer for about 3 minutes. Makes about 1 quart of sauce. Stores well in fridge.

ZUCCHINI ENCHILADAS

2 1/2 cups prepared Salsa or Enchilada Sauce (see recipe above)
1 can tomatoes, diced
1 doz. tortilla shells (see recipe below)
4 cups coarsely shredded zucchini
2 cups cheese

Sister Wold

Heat Salsa or Enchilada Sauce with the tomatoes. Dip tortillas in sauce to soften - about 10 seconds. Fill each tortilla with 1/3 cup shredded zucchini and 2 tbs. cheese. Roll tortilla loosely around filling. Arrange seam side down in a single layer in a ungreased shallow baking dish. Press together to fit. Cover with remaining sauce and sprinkle with cheese. Can cover and refrigerate. Bake at 176 C for 50 minutes if refrigerated - 30 minutes if warm. Heat until hot and bubbly. Serve with cooked mashed beans (see Introduction) or rice and sour cream.

Note: The tortilla shells can be filled with a spicy meat mixture instead of the zucchini.

FRESH TORTILLAS

3 cups flour
1 1/4 tbs. baking powder
1 cup plus 2 tbs. water

Sister Nelson

1/2 tsp. salt
3 tbs. light oil

Mix flour, salt, and baking powder and stir with fork to sift. Blend in cooking oil. Add water and mix until absorbed. Cover and let stand 5-10 minutes. Divide into 10-12 balls. Roll out on a flat, floured surface. Cook in skillet until slightly browned. Turn and continue cooking. No oil is necessary. Can freeze for later use.

To serve: Top with cooked mashed beans (see Introduction), cheese, seasoned browned hamburger (optional), finely chopped onions and green peppers, sour cream, and salsa. Roll up and eat.

OR butter one side of tortilla and place in skillet with grated cheese, chopped green onion and green pepper. Place another tortilla (buttered side up) on top. Brown in skillet until cheese has melted and "cheese crisp" holds together. Top with salsa and enjoy!

OLD ENGELS SANDWICH

Elder Ward

See Introduction for cooking beans. Continue cooking softened beans until beans are soft enough to mash. Drain off liquid. Season with chopped onion, salt, garlic, chili powder, tobasco sauce. Serve on two slices of toasted bread with sliced tomato and cheese. OR serve with tacos.

REMEMBER PEOPLE'S NAMES

CABBAGE PANCAKE

1 small cabbage, chopped fine
1 bunch of green onions, chopped
1/2 cup flour

Elder Lowe

1 tsp. salt
3 eggs, beaten
Several slices of bacon

Mix all ingredients together and let sit for 5 minutes. Pour into a hot pan with oil and cook. Put bacon on top and then flip and continue cooking until bacon is done. Serve with soy sauce. This is reported to be fantastic!

CABBAGE - Oven Baked

1/4 cabbage, chopped
1/2 cup tomato juice (or ketchup and water)

Elder Nikolov

3 tsp. oil
1/2 cup water
salt

Mix together and put in baking pan and cover. Bake in hot oven (about 400 F) for 30 minutes or so. You can also add various cooked meats and spices; i.e. garlic and red pepper.

CABBAGE AUGRATIN

1 small head cabbage cut in small pieces
1 can cream chicken soup

1 cup milk
1 cup grated cheese
Bread crumbs, buttered

Boil cabbage, slightly. Drain. Combine cabbage with soup and milk, OR 2 cups White Sauce (see Introduction). Add cheese. Pour into baking dish. Top with bread crumbs dotted with butter. Bake at 176 C for 25 minutes or until bubbly.

SUNNYSIDE-UP CASSEROLE

Sister Magleby

Line the sides of a baking pan with bread slices, leaving the center of the pan open. Make enough White Sauce (see Introduction) to cover the center of pan and to go 3/4 the way up the bread slices. Make the White Sauce with 1 or 2 chicken bouillon cubes. Crack 2 eggs for each person onto the White Sauce - do not break yolks. Top with grated cheese and cooked bacon pieces (optional). Bake at 176 C until set and yolks are hard.

RETURN ALL THINGS BORROWED

STIR FRY VEGIES over Rice

1/4 head cabbage, chopped fine
1 green peppers, diced
2 carrots grated
1/2 onion, diced
2 eggs, beaten
1/4 cup butter
Soy sauce
Cooked rice

Melt butter in skillet. Cook cabbage in butter until done. Add green pepper, carrots, and onion and cook, stirring until done. Add eggs and cook, stirring until eggs are done. Add 2-3 tsp. soy sauce and serve over cooked rice.

ORIENTAL SUMMER VEGETABLES Over Rice

2 tbs. butter or margarine or oil
3 medium-sized carrots, sliced
1 chicken bouillon cube
2 medium-sized zucchini, sliced
1/4 lb. fresh mushrooms, sliced
1 small green pepper, cut in strips
1/2 cup onion, sliced
1 tbs. lemon juice

Melt butter over low heat. Add bouillon, stirring until dissolved. Add zucchini, mushrooms, and carrots and cook over medium heat, stirring constantly until vegies are crisp tender. Add green pepper and onion and cook about 3 more minutes. Add lemon juice and mix well. Serve over rice.

LEARN TO MAKE A GREAT CHILI

VEGETABLE QUICHE

A fabulous way to use leftover vegies!

1 cup cooked vegetables (any combination)
1 cup grated cheese
1 cup milk
6 eggs, beaten
3 tbs. minced onion
1/2 tsp. salt
Dash pepper

Grease a baking pan. Sprinkle vegetables and cheese over bottom. Beat together remaining ingredients and pour over the vegetables. Bake at 176 C for 35 minutes; knife inserted in center should come out clean. Let sit for 5 minutes before cutting and serving.

SPANISH OMELET

For breakfast or dinner

1/2 cup chopped pre-cooked meat - ham, chicken, etc. (optional)
2 eggs
2 tsp. oil or butter
1/4 cup minced onion
1/4 cup chopped green pepper
olives, chopped
grated cheese
2 tsp. chopped parsley
1/4 tsp. salt

Heat oil or butter in skillet; add onions and cook until tender. Add green pepper and tomatoes (and meat) and cook until green pepper is tender. Remove from pan and drain. Stir vegies (and meat) into eggs along with parsley, salt, and olives. If necessary, melt a little more butter in skillet. Pour egg mixture into skillet and cook until firm, lifting edges to allow uncooked egg to flow underneath. When firm but

still glossy, lift edges and fold over omelet. Serve with grated cheese, salsa, sour cream, etc.

Alternate method: Prepare vegetables as usual but do not add to egg mixture. Pour egg mixture into skillet and cook until firm, lifting edges to allow uncooked egg to flow underneath. When firm but still glossy, put vegies and grated cheese on one side of omelet, lift edges and fold over. Serve as usual.

Note: Grated carrots and chopped red pepper is also tasty in the omelet.

IF YOU WERE ACCUSED OF VALUING YOURSELF, WOULD THERE BE ENOUGH EVIDENCE TO CONVICT YOU?

CREAMED HAM and EGGS

Good any time of day!

2 tbs. butter or margarine
2 tsp. minced onion
3 tbs. flour
1 tsp. salt
Dash pepper
1/4 tsp. mustard (optional)
1 cup milk
3 hard-cooked eggs, sliced
1 cup cooked ham, cubed

Melt butter in skillet. Cook onion until golden. Stir in flour, salt, pepper, and mustard until a thick paste. Stir in milk. Cook, stirring constantly, until thickened. Stir in eggs and ham; heat through. Serve over rice, noodles, or toast.

QUICK QUICHE

3 slices bacon, cooked and crumbled or chopped ham or whatever
1 cup grated cheese
1/2 cup chopped onions
4 eggs
2 cups milk
1/2 cup flour
3/4 tsp. salt
1/4 tsp. soda
Dash pepper

Grease a baking pan. Sprinkle bacon, cheese, and onions over bottom. Beat eggs and milk together. Combine dry ingredients: flour, salt, soda, and pepper. Add to the milk and eggs and beat until well mixed. Pour into the baking pan and bake at 176 C for 45-55 minutes (a knife inserted in the center of the quiche will come out clean when quiche is done). Let stand 5-10 minutes before cutting and serving.

THE GREAT SANDWICH

1 small loaf (bun) of french bread (not sure what they call it in Russian) for each person

With a sharp knife, remove a circular piece of crust from the top of the bun. Scoop out some of the soft bread. Fill with any/or all of the following:

Mayonnaise
Sour cream
Chopped onion
Chopped Tomatoes
Grated cheese
Chopped ham or similar cooked meat
Sliced green pepper and/or red pepper
Salt and pepper

EAT!

SOUPS

CHILI BEANS

Take the softened beans which have been cooked with a chopped onion (see Introduction) and add:

- 1 can tomatoes
- 1 tbs. chili powder (or to taste)
- 2 tsp. salt (or to taste)
- 1 tsp. cumin (optional)
- 1/2 kg hamburger (optional)

Simmer for another 10-15 minutes. Top with grated cheese and chopped onion.

CHILI

- 4 cans navy or kidney beans and liquid
- 2 liters tomato juice
- 1 can whole tomatoes, crushed
- 1 cup onion, chopped
- 1/2 green pepper, chopped

Sister Nelson

- 1 pound ground beef
- 2 - 3 tsp. salt
- 1/2 tsp. cumin
- 3 - 4 tbs. chili powder

Brown ground beef. Add chopped onion and green pepper, cooking till transparent. Drain off fat. Place all ingredients in heavy saucepan and simmer for an hour or longer, stirring occasionally. Can add more beans for thicker chili - mash into a puree. For meatless chili, add beef bouillon for flavor and more beans.

BEAN SOUP

Take softened beans (see Introduction) and add:

- Enough filtered water for consistency of soup
- 1 chopped onion
- 1 grated carrot
- 2 cups chopped ham
- 2 tsp. salt (or to taste)
- pepper to taste
- 2 tbs. ketchup (tomato juice or tomato sauce can also be added)

Bring to a boil and simmer until carrots and onions are tender - about 20 minutes.

MINESTRONE

- 2 cups canned tomatoes
- 3 cups water
- 1 beef bouillon cube
- 1 cup tomato sauce or 1/4 cup ketchup
- 2 carrots, diced
- Other vegies as you like: cabbage, green beans
- 1 onion, chopped
- Salt and pepper to taste
- 1 cup macaroni, uncooked
- 2 cups cooked beans (see above)
- OR 1 can kidney beans
- 1/2 tsp. basil
- 1/4 tsp. oregano
- 1 tbs. parsley
- 1 clove garlic
- 1 tsp. sugar
- A little cooked hamburger (optional)

Put all ingredients except macaroni in a pot. Bring to a boil, and then turn down heat and simmer until the carrots are done. Bring to a boil and add macaroni. Cook for another 10 minutes or until macaroni is tender.

BASIC CREAM OF VEGETABLE SOUP

- 1 1/2 tbs. butter
- 1 1/2 tbs. flour
- 1/2 tsp. salt
- Pepper to taste
- 3 cups milk
- 1 cup cooked vegetables
- 2 slices of onion
- 1/2 cup grated cheese

Make a white sauce of the butter, flour, seasonings, and milk. (Melt butter in saucepan. Sauté onion. Add flour and seasonings. Stir until smooth. Add milk, stirring constantly over medium heat. Cook until thickened). Add cooked vegetables and serve with grated cheese on top.

CREAM OF CHICKEN SOUP

Prepare basic Cream of Vegetable Soup above. Add:

- 2 cups cooked diced chicken
- 1 chicken bouillon cube
- 1 cup hot water for bouillon
- Cooked noodles OR
- Cooked rice OR
- Cooked potatoes, diced

THERE IS NO EXERCISE BETTER FOR THE HEART THAN REACHING OUT AND LIFTING PEOPLE UP

POTATO-CHEESE SOUP

- 1/2 cup chopped onion
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1 1/2 tbs. cornstarch (or increase flour to 1/3 cup)
- 1/2 tsp. paprika
- 1/2 tsp. salt
- 4 cups milk, heated
- 4 cups chicken bouillon, heated
- 1 cup pre-boiled, mashed carrots
- 1 cup pre-boiled, mashed potatoes
- 1 cup shredded cheese
- 1/4 cup chopped parsley

Sister Nelson

Sauté onion in melted butter until transparent - not brown. Add mixture of flour, cornstarch (or flour), paprika, salt, pepper, and heated milk and bouillon. Cook 10 minutes stirring constantly until thickened. Add carrots and potatoes. Stir and heat. Pour into bowls. Garnish with cheese and parsley. Leftovers can be refrigerated.

CLAMLESS CHOWDER

- 5 slices bacon
- 1 medium onion, chopped
- 1 cup canned corn
- 1 cup boiled cubed potatoes
- 1 can cream of mushroom soup
- 2 1/2 cups milk
- 1 tsp. salt
- dash pepper

Cook bacon until crisp. Remove from pan. Pour off drippings, except for 3 tbs. Cook onions in bacon grease until lightly browned. Add remaining ingredients. (Can use 4 cups White Sauce in place of the mushroom soup and milk). Heat to boiling, simmer 5 minutes. Add crumbled bacon and butter as garnish.

EGG DROP SOUP

3 cups water
1-2 bouillon cubes
2 eggs, beaten

Optional: Precooked or canned peas, carrots, corn and chopped green onions

Add bouillon to water and bring to a boil. Add eggs, stirring rapidly. Cook 1-2 minutes. Add vegies. Finally stir in the dissolved cornstarch and bring just to a boil again. Serve!

BASIC TOMATO SOUP

2 liters tomato juice
1 tbs. sugar
1 tbs. chicken bouillon

Combine ingredients and bring to a boil. Taste to correct seasoning. Serve hot or cold. This is good with grilled cheese sandwiches.

IF IT IS TO BE, IT IS UP TO ME

TOMATO SOUP

2 tbs. oil or butter
4 garlic cloves, chopped
2 tbs. paprika (if you have it)
1 1/2 Kg. tomatoes, mashed
OR 3 lg. cans tomatoes
8 cups water
1 veg. bouillon cube (or chicken)

Sauté garlic in the butter for 2 minutes. Add paprika and sauté another minute. Stir in the crushed tomatoes, water, bouillon, and tomato paste. Bring to a simmer and simmer 10 to 15 minutes. The longer it simmers, the thicker the soup. Remove from heat and add cayenne, lemon juice, salt and pepper to taste. Chill if desired OR serve hot. Add herb seasonings just before serving. Serve with cmerahana.

Pizza Hut Sauce For Breadsticks and/or Pizza

Decrease the water in the above recipe to 2 cups and simmer till thick.

CREAM OF TOMATO SOUP

2 cups tomato juice
1 can tomatoes (crushed)
2 slices of onion
2 whole cloves (optional)
1/2 tsp. salt
2 cups milk
4 tbs. butter
PINCH of SODA

Heat tomatoes and juice. Add salt, onion and cloves. In a separate pan, add butter to milk and heat (do not boil). When ready to serve, add soda to the hot tomato mixture and then GRADUALLY add hot tomato mixture to the hot milk. Serve at once. (If you don't follow the chemical process of this exactly, you will end up with curdled milk because of acid in the tomatoes).

MACARONI and TOMATO SOUP

2 tbs. butter
1/4 cup green pepper, diced
1/2 cup onion, chopped
1 can whole tomatoes, crushed
2 liters tomato juice
Dash pepper

Sauté onion and green pepper in butter until limp, but not brown. Add remaining ingredients. Heat to boiling.

"ЩИ СТУ" Эта не суп

2 kg. potatoes, peeled and cut in 1" cubes
1 small (or 1/2 lg. head cabbage), shredded or chopped in 1/2" strips
1 carrot, peeled and shredded
2 onions, diced
2 tbs. chopped carrot greens
2 tbs. chopped parsley

Cover potatoes with water and boil 5 minutes and then add the shredded cabbage. Fry the shredded carrot and diced onion until slightly browned in 2 tbs. butter or oil. Add all ingredients to the potatoes when they are almost done, and boil 10 more minutes. Serve with cmerahana (sour cream) or mayonnaise. Tastes great! Yield: 2 large armies (or 2 hungry missionaries). Cover and refrigerate leftovers.

DON'T EVER WATCH HOT DOGS OR SAUSAGE BEING MADE

"HOW - EEK" SOUP

First of all, this tasty dish was accidentally discovered when Elder Speck and Elder Howard were making mashed potatoes with gravy - but found there was no flour for the gravy. Soup flavoring was used as a substitute and then Elder Howard accidentally poured too much fluid in the mashed potatoes and the rest is history!!

6-12 potatoes (depending on size)
2-3 cups water
1 cube bouillon (chicken, beef, or pork)

1 pkg. soup flavoring (your favorite)
1/2 cup butter or margarine
1 tsp. salt

Peel and cut potatoes into small cubes. Boil for 8-10 min. or until cooked. Drain. Mash lightly so lumps still exist. In a separate pot, combine water, butter, salt, and bouillon. Bring to a boil, stirring until bouillon is dissolved. Remove from heat and slowly stir in the soup flavoring. Pour soup mixture into the potatoes and stir. There you have it! Enjoy!

Gumbo Version

Boil 2 cups pasta for 8-10 minutes or until soft. Stir into the "How-eeek" soup. Vegetables such as carrots, onion, and cabbage may be boiled with the noodles if desired. More water may have to be added for this version.

WATCH FOR BIG PROBLEMS. THEY DISGUISE BIG OPPORTUNITIES

SALADS

CABBAGE ORANGE SALAD

1/2 head of cabbage, chopped fine
1 orange, peeled and cut into pieces

Moscow Mission

2 tbs. orange juice (optional)
1 tbs. sugar

Mix all ingredients and let sit for 10 minutes before eating. Also good with chopped apple.

CHICKEN FRUIT SALAD

1-2 cups pre-cooked chicken
1 cucumber, chopped
1 pear or apple, chopped
2 tbs. green onion, chopped

Moscow Mission

1 small bunch of grapes
1/4 cup mayonnaise
1 tbs. lemon juice
Salt to taste

Cut chicken into bite-sized pieces. Combine mayonnaise and lemon juice. Mix all ingredients and let sit 10 minutes before serving. **Optional:** Can halve the grapes and remove seeds if desired. Sliced almonds and pineapple chunks can also be added.

MACARONI CARROT SALAD

3 cups macaroni, cooked until tender (10 min.) in boiling, salted water
3/4 cup mayonnaise
3 tbs. lemon juice
3 tbs. filtered water
1 tsp. salt

Moscow Mission

1/8 tsp. pepper
2 cups shredded carrots
1/2 cup raisins

Rinse cooked macaroni in cold filtered water. Blend mayonnaise, lemon juice, water, salt and pepper in bowl. Add macaroni, carrots, and raisins. Toss, cover, and chill until ready to serve.

BEET SALAD

1 large beet
1/4 cup walnuts, chopped fine
Mayonnaise

Cook beet in boiling water for about 1 hour until soft. Remove skins and root after cooking. Cool. Grate beet or chop fine. Add walnuts and enough mayonnaise to moisten. Serve cold.

POTATO SALAD

5-6 pre-boiled potatoes
2-3 pre-boiled eggs
1/4 cup onion
1 tsp.-1 tbs. mustard
A little milk
A little sugar

1/2-1 cup mayonnaise or salad dressing
Optional items: Chopped tomatoes, cucumbers, red, green, or yellow peppers, dill pickles, cooked peas and carrots, or green onion.

Skin and dice potatoes and eggs. Add onion, salt and pepper. Add any optional items. Combine mayonnaise, mustard, sugar, and milk. Pour over potatoes and other items. Refrigerate and serve cold.

*TWO ROADS DIVERGED IN A WOOD AND I,
I TOOK THE ROAD LESS TRAVELED BY,
AND THAT HAS MADE ALL THE DIFFERENCE*

EASY CABBAGE SALAD

1/2 head cabbage, chopped
3 tbs. vinegar, diluted
3 tbs. sugar
1/2 cup onion, chopped
1 cucumber, chopped (and seeded)

Sprinkle vinegar and sugar over chopped cabbage. Refrigerate for 5-6 hours or overnight. Drain. Stir in onion and cucumber. Serve with salad dressing.

QUICK COLE SLAW

1/2 head cabbage, shredded
1 carrot, grated
1 green onion, minced
1/4 cup mayonnaise
2 tbs. sugar
2 tbs. milk
2 tsp. vinegar (diluted)

Combine cabbage, carrot, and green onion. In a small bowl, stir together the mayonnaise, milk, sugar, and vinegar until well blended. Stir into cabbage mixture until vegetables are well coated. Chill and serve.

**GOD DON'T GIVE NO POINTS FOR DOING SOMETHING
YOU AIN'T AFRAID TO DO**

APPLE SLAW

1/4 head cabbage, shredded
1 apple, cored and chopped
1/4 cup mayonnaise
3 tsp. sugar
2 tsp. lemon juice
2 tsp. milk
1/2 tsp. salt
Dash pepper

In large bowl, mix mayonnaise, sugar, lemon juice, milk, salt, and pepper until creamy. Toss with cabbage and chill for several hours. Just before serving, toss in apples and fold until well distributed.

**IF YOU LOVE SOMEONE, SET THEM FREE; IF THEY COME BACK,
THEY'RE YOURS; IF NOT, THEY NEVER WERE**

NAVAJO FRY BREAD (Out Of Place!)

2 cups flour
1/2 tsp. salt
1 tsp. baking powder
1 cup milk

Mix and knead. Roll out thin on floured surface. Cut into circles and fry in hot oil on both sides. Stack with taco toppings: meat (optional), onions, cheese, tomatoes, olives, beans (see Introduction) and salsa (see Meatless Main Dishes) OR just eat with honey and jam like scones.

DESSERTS

APPLE BROWN BETTY

This recipe can be halved

Topping

- 2 cups flour
- 1 cup sugar
- 1/4 tsp. salt

Sister Wold

- 1 tsp. baking powder
- 1 cup butter
- Grated orange peel (optional)

Combine dry ingredients. Cut in butter with two knives and fingers. Set aside.

Combine the following ingredients:

- 4-8 cups apples, pared, cored, sliced
- 3/4 cup sugar

- 1 tbs. cinnamon
- 1 tbs. lemon juice (optional)

Put apple mixture into large baking pan - 13x9 inch.. Sprinkle with topping. Bake at 176 C for 1 hour. Serve with milk, ice cream, etc.

NEVER GIVE A LOVED ONE A GIFT THAT SUGGESTS THEY NEED IMPROVEMENT

APPLE CRISP

- 4 cups apples, pared, cored, sliced
- 2 tbs. butter or margarine, melted
- 1 1/2 tbs. cinnamon
- 1/2 cup butter or margarine
- 3 tbs. flour
- 1 cup sugar

Place apples in baking dish. Combine water, melted butter, salt, cinnamon, and lemon juice. Pour over apples. Combine the 1/2 cup butter, flour, and sugar. Mix well. Add crushed cereal and press over apples. Bake at 190 C for 30-35 minutes. Sister Nelson always doubles the crisp topping and suggests that oatmeal can be added to the topping if desired - 1 cup or so.

BREAD PUDDING

- 2 cups dry bread cubes
- 4 cups milk, scalded
- 1 tbs. butter
- 1/4 tsp. salt

Sister Wold

- 3/4 cup sugar
- 4 eggs, slightly beaten
- 1 tsp. vanilla
- 1/2 cup raisins & coconut (optional)

To scald milk, bring almost to boiling with a skim on top (do not boil). Soak bread cubes in milk for 5 minutes. Add butter, salt and sugar. Stir to combine. Slowly add a little of the hot mixture to beaten eggs. Stir well. Then slowly add eggs to rest of hot mixture, stirring all the while. (This procedure is done so eggs won't cook!) Pour into a greased baking dish. For a moist pudding, set baking pan in another pan of hot water and bake at 176 C about 50 minutes or until firm. Serve with milk, etc

BROWNIE PUDDING

- 1 cup flour
- 3/4 cup sugar
- 2 tbs. cocoa
- 2 tsp. baking powder

Combine the flour, sugar, cocoa, baking powder, and salt. Add milk, oil, and vanilla. 3/4 cup of chopped nuts may also be added. Sprinkle topping over the top.

Topping

- 3/4 cup sugar
- 1/4 cup cocoa

Now pour 1 3/4 cup water over the top. Bake at 176 C for 40-45 minutes. Water forms a sauce.

TAKE LOTS OF SNAPSHOTS

UN-BAKED OATMEAL COOKIES

- 2 cups sugar
- 3 tbs. cocoa
- 1/2 cup milk
- 1/2 cup margarine or butter

Elder Dansie and Others

- 3 cups rolled oats
- 1/2 cup peanut butter
- 1 tsp. vanilla
- Pinch of salt

Combine sugar, cocoa, milk, and margarine in heavy pan. Cook over medium heat to a boil. Continue boiling for 60 seconds (Time it!). Cool to lukewarm without stirring. Add rolled oats, peanut butter, vanilla, and salt. Beat until mixture loses its gloss. Drop by tsp. onto cookie sheet. Refrigerate.

P-DAY SPUDNUTS

- 1 1/2 cups milk, scalded
- 1/4 cup butter or margarine
- 1 1/2 tbs. yeast
- 1/2 cup warm water
- 2 tsp. sugar
- 1/2 cup sugar
- 2 eggs
- 1 cup mashed potatoes
- 1 tbs. salt
- 6-7 cups flour

To scald milk, bring almost to boiling with skim on top (do not boil). Add butter and cool to lukewarm. Combine yeast, warm water, and sugar and let stand for 5 minutes. After cooled, combine with the milk and add sugar, eggs, mashed potatoes, salt, and flour. This will be a sticky one. Cover with towel and let rise 1 hour. Roll out 3/4 inch thick on floured board. Cut (with lid top, etc.) and let rise for 1 more hour. Fry in med. hot oil which is quite deep. Cook for 45 seconds on each side. Dip partially cooled spudnuts into glaze - then drip dry. Or roll in sugar or frost when cooled. (To make powdered sugar, you need to have access to a coffee grinder.)

Frosting - beat until smooth

- 4 tbs. softened butter
- 1 tsp. vanilla

- A little milk
- 2 cups powdered sugar

Glaze - this is quite runny

- 4 cups powdered sugar
- 1 cup hot water
- 1 tsp. vanilla

LEARN TO IDENTIFY THE MUSIC OF CHOPIN, MOZART, AND BEETHOVEN

Elder Agren

VANILLA CREAM PIE Or Pudding

2/3 cup sugar
Dash of salt
2 1/2 tbs. cornstarch (or 4-5 tbs. flour)
1 tbs. flour

Combine dry ingredients in sauce pan. Gradually stir in milk. Cook over moderate heat, stirring constantly until mixture thickens and boils. Boil for 1 minute. Slowly stir in 1/2 of the mixture into the egg yolks. Make sure the mixture has cooled a bit or the egg yolks cook and that is bad. Pour this mixture back into hot mixture, and boil 1 minute more, stirring constantly. Remove from heat and blend in the vanilla and butter. Cool and pour into pre-baked pie shell. Or serve as a pudding.

Variations: 1) top with whipped cream (сливки) 3) sprinkle with chopped nuts and/or fresh berries 5) make Banana Cream Pie by arranging a layer of sliced bananas in pastry shell before pouring in cooled filling.

NEVER GIVE UP ON ANYBODY.
MIRACLES HAPPEN EVERY DAY

Sister Nelson

OIL PASTRY CRUST

8-9 Inch One Crust
1 cup plus 2 tbs. flour
1/2 cup oil

Directions: Measure flour and salt into bowl. Add oil and mix until particles are size of small peas. Sprinkle in water, one tablespoon at a time, mixing until flour is moistened and dough almost cleans side of bowl. If dough seems dry, add 1-2 tbs. of oil. DO NOT add more water than the recipe calls for.

Gather dough and press firmly into a ball. Make a flattened round and place between 2 pieces of plastic (plastic packet) and roll out. For double crust, roll out 1/2 of the dough at a time. Wipe the table with damp cloth to keep plastic packet from slipping. OR roll out on floured table, etc. Remove plastic and place in pie tin. For pre-baked shell, bake 12-15 minutes in hot oven 232 C. Watch carefully so as not to brown too much.

CLEANING OUR MOTIVES IS THE MOST PERPLEXING,
EXHAUSTING, YET CONSEQUENTIAL STEP
TOWARDS SPIRITUALITY

ARMENIAN COOKIES

3 eggs
1 cup sugar
1 cup oil
1 tsp. soda

Elder Nikolov

3-4-5 cups flour
2-3 tsp. cinnamon
1/4 cup nuts, chopped
Raisins (optional)

Combine eggs, sugar and oil. Add dry ingredients - enough flour so dough can be rolled out - consistency of sugar cookie dough. Sprinkle the cinnamon and nuts onto the rolled out dough. Roll up into a cylinder (like cinnamon rolls). Then cut into sections - 1/2 inch thick - and bake at 176 C for about 10-12 minutes or until lightly browned.

BASIC COOKIES

2/3 cup butter
1 cup sugar
1/2 tsp. salt
1 1/2 cups flour

Sister Nelson

1/2 tsp. soda
1 egg
1 tsp. vanilla
Chocolate bar, chopped into pieces

Cream butter, sugar, egg, and vanilla. Combine dry ingredients. Stir to sift. Add to creamed mixture. Blend and add chocolate pieces and/or nuts, raisins, 1 cup oatmeal, M&M's, Reeses Pieces, coconut OR anything you desire. Drop by teaspoonful onto greased baking sheet. Bake at 190 C till lightly browned - about 10 minutes. Cool slightly before removing from baking sheet.

PEANUT BUTTER COOKIES

1 cup butter or margarine
1 cup peanut butter
2 cups sugar
2 eggs, beaten
2 cups flour

Sister Wold

Cream butter, peanut butter, and sugar. Add eggs, vanilla, and milk and beat well. Combine flour, salt, and soda. Stir to sift. Add to creamed mixture. Chill slightly. Shape into 1-inch balls. Place on ungreased cookie sheet. Press down centers with thumb or fork. Bake at 176 C for 10 minutes or so. Do not OVER BAKE. Serve with milk. Yum!

HOWARD and FATHER'S (Searle) COCONUT DELIGHT Elder Howard

1 cup butter (250 g), melted
2 cups sugar
1 tsp. lemon extract (or 2 tbs. lemon juice)
4 eggs

Combine butter, sugar, eggs, vanilla, and lemon juice. Mix well. Combine dry ingredients. Stir to sift and add bit by bit to creamed mixture. Bake in greased baking pan at 176 C for 20-30 minutes till done. Can frost with white frosting (purchased) if desired. Yum!

USE YOUR WIT TO AMUSE, NOT ABUSE

BROWNIES

3/4 cup butter, melted
2 cups sugar
3/4 cup cocoa
4 eggs

1/2 tsp. vanilla
1 cup flour
1/2 tsp. salt
1-1 1/2 cups coarsely chopped nuts

This makes a very rich, moist brownie. Combine melted butter, cocoa, sugar, vanilla, and salt. Beat in eggs one at a time. Stir in flour and nuts (optional). Pour into greased baking pan. Bake at 176 C or less for 20-25 minutes. DO NOT OVER BAKE. Cool completely before cutting. To make a more cake-like brownie, decrease eggs to 3 and increase flour to 1 1/2 cups.

TAKE CARE OF YOUR REPUTATION.
IT'S YOUR MOST VALUABLE ASSET

LEMON SQUARES

2 cups flour
1/2 cup sugar (powdered if possible)

Maren Wold

1 cup butter or margarine

Mix and put in a greased 9x13 pan. (Make sure sides are greased too). Bake at 176 C for 20 minutes or until lightly browned. In meantime, make filling:

Filling
2 cups sugar
1/2 cup lemon juice (juice of two medium lemons)

Mix and pour over warm crust. Bake 20 minutes more at same temperature. Remove from oven. Sprinkle with powdered sugar (optional). Cool and then cut into squares.

NO BAKE FINNISH COOKIES

1 cup oatmeal
1 tsp. vanilla
1/2 cup butter or margarine, softened

Maren Wold

3/4 cup sugar
1 tbs. cocoa

Combine thoroughly. Add more oatmeal if needed. Roll into balls and then roll in coconut, finely chopped nuts (or powdered sugar) if desired. Refrigerate.

RICE KRISPIES BARS

5 cups Rice Krispies (or similar cereal)
5 cups Corn Flakes
1 cup coconut
1/2 cup butter or margarine
1 pound marshmallows (we've heard they are here)

Combine cereals in a large bowl. Melt margarine and marshmallows over low heat, stirring constantly. Pour over cereal. Press into a greased 9x13 pan and cool. Cut into squares. Options: peanuts, M&M's, chocolate pieces, etc. can be added.

NEVER RUN AWAY FROM ANYTHING. NEVER!

CHEESE CAKE

400 g. cream cheese (Sahne/Viola)
1 3/4-2 cups Monoko C Caxapeh
1/2 packet of vanilla powder

Elder Sundberg

1/2 cup lemon juice (juice of 2 med. lemons)

Mix cream cheese with Monoko C Caxapeh very slowly - a little at a time or it will curdle. Slowly add lemon juice and stir until thickened.

Crust
3-4 cups crushed cookies
2-4 tbs. honey
2-4 tbs. melted butter

Crush cookies in a bowl and combine with honey and melted butter. Place crumbs in a pan and pat with a spoon. Place in fridge. After it has hardened, pour cream cheese filling into it and leave in fridge for about 2 hours before serving..

Topping - optional

Berries - strawberries or raspberries
Sugar
A "little" cornstarch or potato starch (or flour)

Heat berries with a little sugar. Combine cornstarch with a little cold water and add to berries. Heat and stir till thickened. Serve on top of cheesecake OR just use jam.

FRUIT COBBLER

4 1/2 cups of most any fruit (apples, peaches, etc.)
Drained canned fruit can also be used
3/4 cup sugar
1 tbs. flour

Sister Wold

1/8 tsp. nutmeg (or cinnamon)

Combine and put into baking pan. Place dough over the top.

Dough

1 1/2 cups flour
2 tsp. baking powder
1/2 tsp. salt
2 tbs. sugar
1/4 cup butter
1 egg, beaten
1/2 cup milk

Combine dry ingredients. Stir to sift. Cut in butter with knives. Combine milk and egg and add to dry ingredients. Mix to a soft dough. Roll out on lightly floured board and place over fruit. Can also drop dough by teaspoonful onto fruit. Bake at 204 C until brown - 15 minutes or so. Serve with milk or ice cream, etc.

A LEADER IS A PLANNER, A THINKER, AND A DOER

OVEN RICE PUDDING

2 cups cooked rice (1 cup rice and 2 cups water)
1/2-1 cup sugar
1/4 tsp. cinnamon
2 cups milk
2 tbs. butter or margarine, melted
4 eggs, beaten
Moscow Mission
1 tsp. vanilla (optional)
Grated rind of one lemon (optional)
Combine eggs and milk. Add rest of ingredients and pour into a greased baking pan (about 9x13) and bake at 176 C for 45 minutes or until set.

NOTHING IN THE WORLD CAN TAKE THE PLACE
OF PERSISTENCE...

SAUCEPAN RICE PUDDING

Great for breakfast!

- 3 cups milk
- 1/2 cup rice
- 1/3 cup raisins
- 1.4 tsp. salt

Bring milk to boiling in a heavy saucepan. Stir in uncooked rice, raisins, and salt. Cover and cook on low heat, stirring occasionally, for 30-40 minutes or till most of the milk is absorbed. (Mixture may appear curdled). Spoon into dishes. Dot with butter and sprinkle with a mixture of sugar and cinnamon.

**YOU ARE TODAY WHERE YOUR THOUGHTS HAVE BROUGHT YOU;
YOU WILL BE TOMORROW WHERE YOUR THOUGHTS TAKE YOU**

BEST EVER RICE PUDDING

- 2 cups cooked rice (2 cups water & 1 cup rice)
- 4 cups milk - part heavy cream (сливки) if you can find it - scalded
- 1 cup sugar
- 4 eggs, slightly beaten
- 1 tbs. cornstarch (or 2 tbs. flour)

Sister Wold

To scald milk, bring almost to boiling with skim on top (do not boil). In a heavy saucepan, combine cornstarch, salt, and sugar and blend well. Stir in hot milk stirring constantly over medium heat until thick and smooth. Add rice. Pour a little of the hot mixture into beaten eggs while stirring rapidly. Return egg mixture to hot milk and rice and cook and stir until thickened. Remove from heat. Stir in lemon juice, and vanilla. Chill. Option: Instead of lemon extract, you can add 1/8 tsp. cinnamon, 1/8 tsp. nutmeg, and 1/2 cup raisins which have been softened in hot water.

WACKY CAKE

For a smaller cake, just half the ingredients

- 3 cups flour
- 6 tbs. cocoa
- 1 tsp. salt
- 2 tsp. soda
- 3/4 cup oil
- 2 cups sugar
- 2 tbs. vinegar (diluted)
- 2 tsp. vanilla

Mix dry ingredients in a bowl. Make three wells. Put vanilla, vinegar, and oil in the wells. Pour 2 cups cold water over all and mix well. DO NOT BEAT. Pour into a 9x13 inch pan and bake at 176 C for 35-45 minutes. This is a very easy cake and can be mixed right in the pan if desired. Frost (optional).

THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE

LAZY CAKE

- 3 eggs
- 1 cup sugar
- 1 cup flour

Sister Frazier

President Wold

- 1 tbs. butter or margarine
- 1/4 cup sugar
- 1/4 tsp. cinnamon

Beat eggs well for 5 minutes with a mixer if you have one. Slowly add sugar. Add flour and pour into a greased baking pan and bake at medium heat (176 C) for 20-30 minutes. Serve with jam or fruit (strawberries) on top. Option: Put sliced apples (any kind of fruit) in baking pan and then pour batter over the fruit and bake.

CARROT CAKE

- 1 1/2 cups cooking oil
- 2 cups sugar
- 4 eggs, well beaten
- 3 cups grated carrots
- 2 cups flour
- 1/2 tsp. salt

Elder Roseman

- 2 tsp. cinnamon
- 1 tsp. baking soda
- 1 1/2 cup chopped nuts (optional)
- 1 cup raisins
- 1 tsp. vanilla

Note: If you have access to the following spices, add for a spicier cake.
3/4 tsp. nutmeg
3/4 tsp. cloves
3/4 tsp. allspice
3/4 tsp. ginger

Combine oil and sugar until well mixed. Add eggs. Combine dry ingredients and stir to sift. Add to batter and blend well. Stir in vanilla, nuts, carrots, and raisins. Mix well. Spread into a well greased cake pan. Bake at 176 C for 45-50 minutes or less, or until center springs back when lightly touched. Cool on rack. Frost with a mixture of cream cheese (sahne) and milk OR if you have access to powdered sugar, frost with cream cheese frosting.

Cream Cheese Frosting

- 1/2 cup butter, softened
- 100 g cream cheese (Viola/Sahne)
- 1 lb. powdered sugar
- 2 1/2 tsp. vanilla

17 1/2

3 17.5
8 7.5

Beat and spread on cooled cake.

**KEEP YOUR FACE TO THE SUNSHINE AND YOU
CANNOT SEE THE SHADOWS**

CHOCOLATE MAYONNAISE SURPRISE CAKE

The surprise is the mayonnaise: it makes a delicious, moist cake!

- 2 cups flour
- 2 tsp. baking soda
- 4 tbs. cocoa
- 1 cup water
- 1 cup sugar
- 1 cup mayonnaise (not salad dressing)
- 2 tsp. vanilla

In a large bowl, beat together the sugar, mayonnaise, water, and vanilla. Combine dry ingredients. Stir to sift. Add to the creamed mixture until well blended and all ingredients are moistened. Pour into cake pan (9x13) and bake 176 C for 30. Cool.

THE SKY'S THE LIMIT WHEN YOUR HEART IS IN IT

FROZEN BANANAS

- 4 bananas
- 2 small chocolate candy bars

1 cup chopped nuts

Melt chocolate bars over low heat, stirring constantly. Peel bananas, and roll in melted chocolate. Roll in chopped nuts. Wrap in plastic wrap and put in freezer until frozen.

WHITE CAKE Wow Wow Wow!

Elder Merrill's Mom

A three Wow recipe!

- 1 1/2 cups sugar
- 3/4 cup butter
- 1 1/2 tsp. vanilla (one of those pkgs.)
- 1 tsp. salt
- 2 eggs

Cream the above ingredients together. Add:

- 2 1/4 cups flour
- 3 tsp. baking powder
- 1 cup milk

Grease and flour a baking pan. Pour that HUD in and cook it! Probably at 176 C for 30 minutes more or less.

CHOCOLATE SYRUP

- 5 tbs. cocoa
- 6 tbs. sugar
- 4 tbs. milk
- 100 g. butter

?

Combine in a saucepan and boil 5 minutes, stirring constantly. "Play with it".

CHOCOLATE REVEL BARS

- 1 cup margarine
- 2 cups sugar
- 2 eggs
- 2 tsp. vanilla
- 2 1/2 cups flour
- 1 tsp. soda
- 1 tsp. salt
- 3 cups oatmeal

Sister Magleby

Cream together margarine, sugar, eggs, and vanilla. Combine remainder of ingredients Stir to sift, add to creamed mixture and set aside. Spread 2.3 of the batter in a greased pan. Cover with either the chocolate or caramel filling. Bake at 176 C for 20-25 minutes. Cut into squares when cool

Chocolate Filling

- 1 cup chocolate pieces
- 1 can Monoko C Caxapen
- 2 tbs. butter
- 1/2 tsp. salt
- 2 tsp. vanilla
- 1 cup chopped nuts (optional)

Heat slowly, stirring until smooth. Pour on oatmeal mixture and bake.

Caramel Filling

Boil an unopened can of Monoko C Caxapen for one hour to make caramel. Pour on oatmeal mixture and sprinkle with chocolate pieces and then bake.

MAGIC FUDGE SAUCE (for one serving)

- 2 tbs. Nestle's Quick
- 1 tbs. Peanut butter
- 1 tbs. water

Stir together until shiny. Surprisingly smooth and good.